

Session	Day 1 [2hrs]	Day 2 [2hrs]	Day 3 [2hrs]	Day 4 [2hrs]
Session 1	Grip / Ready Position	League Format	Doubles	Setting Up
	Stance / Movement			
				TT Leagues
Session 2	Drive	Block	Lob	Chop
	Push	Loop	Smash	Flick
Session 3	Rules	Etiquette	Anti-spin / Pimples	Umpiring
Session 4	Backspin Serve	Side Spin Serve	Tomahawk Serve	Questions
	Topspin Serve	Pendulum Serve	Backhand Serve	Strategy to Win
	No Spin Serve		Getting Spin Back	Closing Down

## Week 1 League Player Notes

### Shakehand Grip

- Middle to little finger wrap around the bat
- Rest thumb on middle finger
- First finger along the bottom of the rubber
- Neutral grip - thumb and first finger should be in-line or rest against the handle

### Ready Position

- This allows you to play any shot at any time
- Arms length from the table
- Feet shoulder length apart
- Weight on the balls of your feet
- Bat at hip height and in front of the body
- Positioned to reach all parts of the table taking into account where your opponent is standing
- The most important is that you are relaxed, especially in the arm, wrist and fingers. Watch out for white knuckles you're holding it too tight if they are white.

## Racket Angles

- CLOSED - the angle needs to be changed based on the spin your opponent has put on the ball. Mostly closed is used for top-spin shots coming from opponent
- OPEN - Used to push the ball back
- NEUTRAL - Used to impart no spin

## Movement

- 2 Basic movements
  - Side-to-side movement is the basics of table tennis to move from one side to another. Left foot first for moving right
  - One step movements for small movements, which is the nearest foot to the ball
- Always want to be hitting the ball in front of you so move to allow that
- Arm bent for forehand and aiming at the belly button for backhand  
Using the balls of your feet
- You need to anticipate where the ball is going and transfer weight accordingly
- Pushing off is more advanced and quicker movement rather than just moving

## Forehand Drive [attacking shot using the side of the racket where the thumb rests]

- Ready position
- Right foot slightly behind the left
- Shoulders forward and feet slightly wider than shoulders
- Slightly closed position
- As the ball approaches the arm, shoulder and hips should rotate and shift onto your right leg
- Make contact in front and to the side of the body
- The racket and playing arm should finish where the ball has travelled to
- Forearms touching fingers for correct position

### Backhand Drive

- Ready position
- Feet, Hips and shoulders square to the table where you want to hit the ball  
weight forward and on the balls of feet
- Racket slightly closed
- Pull back to left hip with elbow staying LEVEL or in front of the racket
- Pivot from the elbow to complete the shot hitting the ball at the top of the bounce  
or slightly before
- Racket should point where the ball has travelled to  
Ready position

### Forehand Push [defensive shot]

- Ready position
- Right foot slightly behind the left
- Weight slightly forward
- Racket is slightly open
- Racket pulled back from the elbow
- Shot uses forearm and wrist at the top of bounce or just before [side but in  
front of the body]
- Slight transfer of weight from right to left
- Short follow-through with a downward motion
- Ready position
- If the ball is short the right foot goes under the table - this is the most  
common shot against a back-spin serve
- Always go through the ball [DONT STOP]

### Backhand Push

- Ready position
- Shoulders / weight forward
- Racket Open
- Racket pulled back from the elbow between the chest and left hip
- Short follow through
- Ready position

## Basics

- Decide on the server by the toss of a coin or flipping odd/even or ball under table
- When you choose you can choose a side or serve
- Warm-up 2-3 minutes [use it to assess your opponent]
- End line continues indefinitely
- The side of the table is OUT the edges and vertices are IN.

## Scoring

- The winner is the first to 11 points
- If the score is 10-10, the game continues until one of the players has gained a lead of 2 points
- Points are won irrespective of who has served
- Matches can be the best of 3, 5 or 7 games – or any odd number you like!

## Serving [PRACTICE IT IT IS THE MOST IMPORTANT SHOT]

- The ball must first bounce on your side and then on your opponent's side of the table
- If the ball touches the net and goes over, it's a 'let' – retake the serve
- If the ball hits the net and doesn't go over, or flies off the table without bouncing on your opponent's side, you lose the point
- There are no second serves
- The ball should rest freely on the open palm of the server, above the level of the table
- The ball should be projected vertically (at least 16cm)
- In singles, you can serve from anywhere and to anywhere on the table  
Change servers every 2 points
- If the score reaches 10-10 change the server for every point
- If interrupted just stop and say let
- If you've tried to hit the ball then it counts as a serve
- Ball spinning back onto your side is your point
- Hitting your hand is acceptable
- Ball cannot go under the table and must be visible at all times - your bat does not have to be

## SERVES

Important that you have 4 or 5 different serves in your armour

Make sure you have decided what serve to do before you toss the ball Don't change your mind

Flat in hand, don't go under the table and up the height of the bat lower you hit it the better as it will be the same height o the other side Not allowed to hit it under the table

### Backspin serve

- Short and Long
- Move to more open position with a back-spin serve

### Top-spin serve

- Long
- Move to a more closed position if you see top spin •

### No spin serve

- Short and Long
- IF this is used you need to watch for it as you may think it has top or back spin on it....watch for fakes

## Week 2 League Player Notes

### League Format

- League is formed into 3 division
  - Division 1 - Highly Competitive
  - Division 2 - Mixture of Div1/Div3
  - Division 3 - Focus more on learning and development / social
- Each team has a HOME NIGHT all games are played on the HOME night of the HOME team.
- Matches normally begin at 7:30 pm but requests to begin earlier are allowed especially if juniors are involved.
- A Team can consist of unlimited amounts of Players but each match consists of 3 of those players from each team.
- Each player from HOME and AWAY teams plays each other in a best of 5 games to 11 for 9 matches = 1 point per match
- Doubles are then played for the 10th point.
- 10 Points are up for grabs for the evening so a WIN, DRAW or LOSS is possible for each match. The number of points won determines the league position at the end of the season.
- All teams normally play each other HOME and AWAY and each league is usually around 8-10 teams means you play 14-18 league matches in a season.
- HUNT CUP is also played, which is a handicap cup across all divisions. This means that there should be a 50:50 chance of winning each match, Players start on their handicap and have to get to 11. Some begin on 8 others as low as -18 [top players].
- At the end of the season, there is a LEAGUE CHAMPIONSHIP where everyone is invited to attend. The morning is usually handicap based on the afternoon is SCRATCH players
- All players have to be affiliated with TT ENGLAND [£8 adults and £XX Juniors] as well as a £1 levy for each match played for WILTSHIRE Table Tennis.

### Block [defending shot]

- Very important shot that everyone needs to do
- Stay Low and keep your body forward.
- Hit the Ball at its highest point
- Bat Closed
- Alter the angle of the bat based on the opponent's top/back

- Try to attack the ball back at any chance you get as this is a very defensive shot and you are on the back foot [NOT LITERALLY]
- Blocking placement is important - try to make it awkward for the opponent.

### Loop

- Ready position
- Drop the right knee and take weight on the right foot
- Bat below the height of the ball
- The amount of backspin on the ball depends on how much brush you want on it. Try to contact at the top of the bat.
- Hit it on the top of the bounce
- Waist, hips and shoulders to rotate.
- The wrist can rotate on contact to generate extra topspin [more advanced].
- This is about loading the ball with topspin to take advantage of the net shot. It isn't about winning the point.

## Etiquette

- Warm-up
  - Turn up on time
  - If there is only 1 table let everyone have the same amount of warm-up
  - Allow people to see your bat - this is in the rules.
- Playing
  - Play to WIN and have FUN
  - If unsure play a let
  - If you break the rules admit it and lose the point.
  - Help people
  - Always play to WIN. Giving people points isn't friendly
  - Say sorry or hold up your bat if you get a net or an edge
  - Not talking when people are playing [incl when 2 games are on at the same time;
  - No walking about while people are playing + try to limit moving between games. If you need to leave the room between games and only come back in at the end of a game or major break in play
  - NO WHITE / LIGHT colours as your opponent won't be able to see the ball.
  - No excessive shouting or stomping of the feet
  - Leave the bat on the table between games
  - 60 seconds between games
  - Use common sense - if your opponent is elderly they might need more time between games to recover....let them it isn't the Olympics
  - Complete the information in the APP and send in that night or the next night
  - If at home bring some drinks and snacks for people [Tea and a couple of biscuits] - we try to be friendly.



## SERVES

Important that you have 4 or 5 different serves in your armour

Make sure you have decided what serve to do before you toss the ball

Don't change your mind

Flat in hand, don't go under the table and up the height of the bat

The lower you hit it the better as it will be the same height on the other side

Not allowed to hit it under the table

- Side and BackSpin serve
  - Stand in backhand corner
  - Bring the bat back and up a little - allowing to swing down and across
  - Get back to ready position
  - Brush and lower down on the bat will increase the side spin
  - Also can use your wrist to increase the spin too.
- Side and Top-spin serve
  - Same as backspin
  - As you hit the ball you generate top-spin by lifting up on the ball at the end - with your 3 fingers behind the bat
  - On both of these you need to think about your opponents strength and weakness - fast / b/h or f/h or cross-over point.
- Pendulum
  - Elbow high
  - Alter the point of hitting to change from top to back-spin
  - Come across the ball and move bat forward slightly to generate forward movement
  - Great for generating a 3rd ball attack especially if you are putting it wide

## Week 3 League Player Notes

### Doubles

- Alternate hits throughout the game. It's against the rules for the same player to hit the ball two turns in a row.
- Serve from the right side of your table and have the ball go across to the left side of table.
- Alternate between you and your teammate in serving.
- Order is A1 to B1 - B1 to A2 - A2 to B2 - B2 to A1- person who has just served swaps with their partner the other team stay the same
- Keep serves low and short in doubles! !!!

### Lob [defending shot]

- Play away from the table
- Returning offensive shots of opponents
- Not trying to get it low- get it high but also can add some top-spin too if you want
- Bat Open
- Vast amounts of people struggle to return this shot...many people do not practice shot at shoulder height for returning.....very important to !!!

### Smash

- Use to return the high lobs
- Contact at shoulder height- hit through the back of the ball
- Keep your wrist fixed and body sideways on.....no spin needed.

### Anti-spin

- If you find nothing happens when you are spinning the ball your opponent may have anti-spin rubbers.
- They need YOUR spin to play their game
- They give you back your own spin but it doesn't affect them
- Normally people only have it on one side
- Best way to overcome is to NOT put spin to them on their anti-spin side so you can then get no spin back and you attack on the 2nd shot.
- Spinny serves come back to you.....don't do it !!

## Pimples

- Pimples typically reverse the spin that you have given to them
- Easy way to play anyone with pimples is to chop then top spin and just keep alternating - there are other ways.....
- Going back if they have gone long and letting the spin fade also helps or simply watching whether they have used their pimple side - but this gets very hard.

## Returning Spin

- Hit towards where the bat has come from for side spin
- Back-spin - take it early or late
- Top-spin - much easier to return if you top-spin back
- Practice with someone in club sessions.....it is an easy way to improve your game.

## SERVES

Important that you have 4 or 5 different serves in your armour

Make sure you have decided what serve to do before you toss the ball

Don't change your mind

Flat in hand, don't go under the table and up the height of the bat

lower you hit it the better as it will be the same height on the other side

Not allowed to hit it under the table

- Tomahawk
  - Toss ball in air and hit underneath and the side of the ball
  - Aiming to land nearer to you than the net and have multiple bounces on the opponents side
- Back-hand serve
  - Hold ball to the right of the bat
  - Hit across the ball and put TOP or BACK-SPIN on the ball

## Week 4 League Player Notes

### Opening Up

- Main door works on a timer so will not work before the time it has been booked for....check here for timing. <https://www.kvh.org.uk/> CODE = 8011

- Set the bolt to OPEN
- Close curtains
- Lights [Main and Spot lights]
- Open TT Room [CODE = 1976]
- Put out tables, chairs, umpire table, barriers, scoreboards, coin, pen and scoring sheet
- As HOME team complete the sheet including order of play.

### TT Leagues

- This is where ALL the league information is kept for scores
- <https://devizes.ttleagues.com/>
- Directions to all the places are also on there
- Handicaps for the Cup

### TTLeagues APP

- This is used to fill in the scores after a game. It is very easy to use and the home team should complete this + send a copy of the sheet to Matt [or me and I send it on]

Wifi - Code is on the wall in the foyer : \_\_\_\_\_

### F/H Chop

- This is done far away from the table and ONLY when the opponent has
- Looking in the mirror then chop towards the middle of the table from high point.
- All the weight on the right leg as you hit
- Turning away from the table - weight transfer from right to left on hitting

### F/H Flick

- This is done on short backspin shots from opponent
- Get to the ball early, right foot under the table,
- Make sure you have a back swing to ball and take early
- Get back to st position ready for return

### Umpiring

- You are in charge of the whole game
- Give 2 mins for warm up and then ask if they are ready.
- ODD/EVEN or coin toss for serve / end
- Call the score and update the score sheet

- Call LET if another ball or person enters the area
  - The players can call this too if they feel like they are hindered.
- Call LET if it hits the net and lands on the table
  - Unlimited lets
- When it is a change of server call x - x Steve
  - Tip put a coin on the side of the table of the person who started serving and then you can always work out who should be serving based on the score. 0-2 = original server 3-4 = 2nd person. Add scores and divide by 4 = original server will always start on 0,4,8,12 etc
- Keep going until someone wins and then complete the sheet in front of you.
- Best of 5 first to 11
- In the 5th set change ends as 5 points on either side
- shake hands/ fist pump with both people at the end
- Any issues you are there to decide what happened. If you aren't sure and the players can't decide play the point again. If you know what happened then you decide.
- DOUBLES - write down somewhere who served to who on the first game as you WILL forget.

### Strategy

- POSITIVE MENTAL ATTITUDE
- Do not give away negativity in your actions to your opponent
- Practice serves at home if you can...100s at a time. It is the most important shot of the game
- Keep it on the table [don't be too aggressive with your shots]
- Watch for fake spin
- Use the warm up to work out what they are good and bad at
- Don't give too much away in the warm up yourself.
- Use all the shots I've taught you when they are appropriate
- Don't be in a rush to get back to the table after a point is played.
- Think about what you are about to do on the serve - don't just do it.
- Clean your bat
- Keep bat warm if you are playing in a cold place - under arm on skin or chest.
- Keep knees bent for everything - playing upright will lose you games
- Keep your best shots rare and use when you need to win. Don't keep doing the same shot over and over they will work it out
- When you are about to win....serve within yourself - they will be nervous - simple serve
- It is a TEAM sport - between games get help from your team...watch each other and make notes on opponents for the next time you play them.

- Check your opponent's bat for pimples or anti-spin
- Choose the side with dark curtains/ background rather the serve.

### Questions.

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### Closing Down

- Put away the tables, chairs, umpire table, barriers, scoreboards
- Open curtains
- Clean floor with blue brushes and use dustpan for collected dirt
- Check bins in bathrooms and put anything into kitchen bin
- Lights off [Main and Spot lights]
- Lock the TT room
- Check all doors and windows are closed
- Take off the bolt on main door and CHECK it is locked.